

# VITAL SIGNS

VOL III No. 2 Naval Regional Medical Center, Orlando, Florida

1 November 1980

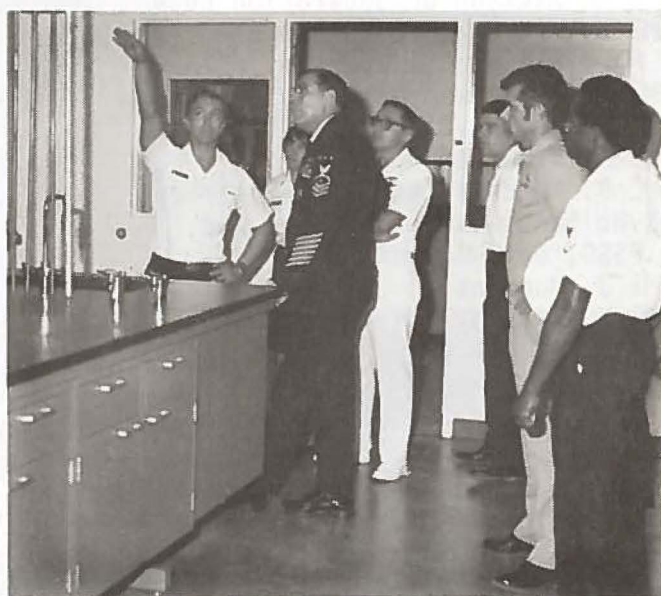
## MCPON Crow re-visits NRMC

Master Chief Thomas S. Crow, USN, Master Chief Petty Officer of the Navy, and his wife, Carol, visited NRMC on Thursday, 23 October. This was the second visit to NRMC by Master Chief Crow. His initial visit was 22 October 1979 shortly after being appointed as Master Chief of the Navy.

The Master Chief and Carol had lunch in the NRMC dining facility. He made a brief address to those assembled concerning the recent Fleet/Force Master Chief meeting with the Chief of Naval Operations. Increased sea, flight and submarine pay were discussed. He also mentioned that the Armed Services could expect a 20% pay increase across the board during the next three years.

After lunch, the Master Chief was given a tour through the replacement facility and then visited with many of our patients and staff.

Master Chief Crow has been serving in the U. S. Navy for over twenty-seven years. His rating is that of Aviation Structural Mechanic which has led to many world-wide duty assignments at Naval Air Stations, Squadrons, and Air Craft Carriers. In 1977, he was selected as the Force Master Chief for COMNAVAIRPAC and served in that position until he was selected on 29 June 1979 by Admiral Thomas B. Hayward, Chief of Naval Operations, to become the fourth Master Chief Petty Officer of the Navy.



**LCDR R. E. Elster briefs Master Chief Crow on laboratory equipment in new facility.**



**HM3 L Barber (left) and HM2 R. Beers attend luncheon with the Master Chief.**

**U. S. Navy Photos**



**Noted for excellence - October inspection**

CDR W. Tumblin, CHC	LT J. Heltsley, MSC
LCDR G. Hyatt, NC	LT W. House, MC
LCDR R. Elster, MSC	LTJG M. Hopkins, NC
LCDR G. Robb, MC	ENS S. Alford, MSC
LT R. Black, MSC	

HMC L. Houseworth	HM3 S. Cronkhite
HM2 D. Ford	HM3 M. Barnett
HM2 M. Pettitt	HN L. Booth
HM2 D. Bement	HN K. Cooks

**We're sorry you're leaving!**

HM3 M. Porter to civilian life  
 HM2 G. Dickson on Separation Leave  
 HM3 G. Petron to FMSS and 2nd  
   MarDiv, Camp Lejeune  
 HM3 B. A. Herman to NRMCM, Subic Bay  
 HM3 A. Alicea to civilian life  
 HMC H. Brown to Retired List  
 HMC R. Mitchell to Fleet Reserve  
 HN H. Santiago to FMSS and 2nd  
   FSSG, Camp Lejeune  
 MM1 J. Huggins to USS Los Alamos  
 HM3 M. Pearce to NavHosp Guantanamo Bay  
 DT2 P. Warden to Dental Asst and  
   Tech School, San Diego  
 HM2 G. Carter to 2nd FSSG, Camp Lejeune  
 HN P. Denis to FMSS and 2nd  
   FSSG, Camp Lejeune

**Whoeeizzit???**

DO YOU KNOW THIS STAFF MEMBER? (Answer  
 on Page 8.)

**We're glad you're here!**

CAPT T. M. Hohl, MC, from civilian  
 status  
 LCDR G. E. Krueger, MC, from NRMCM,  
 Corpus Christi  
 LCDR D. M. LeFort, NC, from NavAeroSp  
 RegMedCen, Pensacola  
 ENS G. A. Dailey, Jr., MSC, from  
 OIS, Newport

HMC J. Silvers from 3rd FSSG, FMFPAC  
 HMC F. Moore from USS SARATOGA  
 HM1 L. Mullis from USS CONNOLE  
 HM2 D. Armbruster from NTC, Orlando  
 DT2 E. Vasquez from Roosevelt Roads  
 DT3 D. Hardin from NTC, Orlando  
 HM3 J. Moran from NRMCM, Yokosuka  
 HA M. Hodgson from NSHS, Portsmouth  
 HA R. Call from NSHS SDIEGO and  
   FMSS Camp Lejeune  
 HA M. Hodgson from NSHS, Portsmouth  
 HA R. Williford, Jr., from NSHS, SDIEGO  
   and FMSS Camp Pendleton  
 HA D. McKee from HCS, GLAKES  
 HA H. Becerra from HCS, GLAKES  
 HA T. Hamlin from HCS, GLAKES  
 HR R. Cole from NSHS, SDIEGO  
 HA L. John from HCS, GLAKES  
 HA T. Lindo from HCS, GLAKES  
 HA E. Tomten from NSHS, SDIEGO and  
   FMSS Camp Pendleton

**NAVY vs ARMY 29 Nov****GO NAVY!****Vital Signs Staff**

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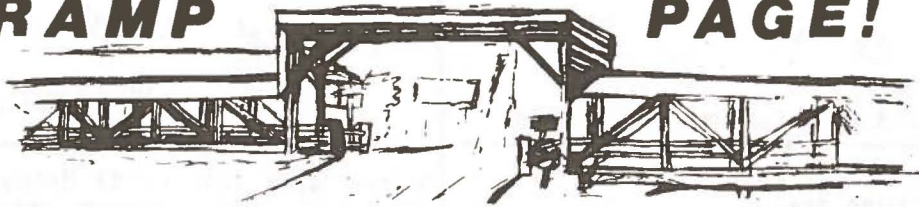
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# RAMP PAGE!



If you were the Ramp Page Reporter, what question would YOU ask?



Willie McNair, Operating Management Service: "Why doesn't the Captain "set-the-watch" more often?"



Cheryl Lawson, Patient Affairs: "When is the City of Orlando going to improve their expressway system to handle the increasing traffic?"



HN L. Smith, Wards 5/6: "What could we do to persuade the President to give us a holiday the Friday after Thanksgiving?"



LTJG M. Wynn, Ward 4: "When are we going to move into the new hospital?"



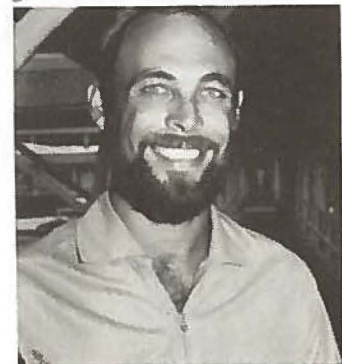
Captain Zimble: "When we move into the new hospital, should we change the name of the Ramp Page?"



Jean Rodarte, Information Desk: "What makes people dwell on the negative instead of seeking out the benefits of the positive aspects of their jobs?"



HM2 V. Jacobs, Laboratory Service: "What part of your job, here at the hospital, do you find the most rewarding?"



HM2 J. Emmons, Physical Therapy: "Have you ever been interviewed before for the Ramp Page?"



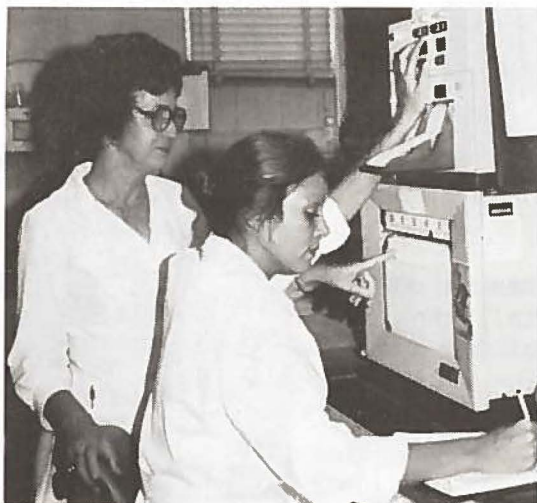
## LAB LINE

By LCDR J. D. Cotelingam, MC, USNR

NRMC Lab - a training center

The Naval Regional Medical Center Clinical Laboratory serves as one of the practicum training centers for the Valencia Community College Medical Laboratory Technology program. This program is designed for persons who desire preparation for employment as Medical Laboratory Technicians. Graduates are eligible to take both the Florida State Medical Laboratory Technician and Technologist examinations for licensure, as well as a national registry examination. LCDR J. D. Cotelingam, NRMC Chief of Laboratory Service, serves as medical director for the Valencia program, and LCDR M. L. Pratt, NRMC Laboratory Officer, holds a position on the program advisory committee.

Our current student is Jennifer Heaps. Jennifer is spending about three and one-half months at NRMC gaining practical experience in the laboratory disciplines of hematology, biochemistry, bacteriology, mycology, parasitology, serology, and urinalysis. Upon completion of the program, she will receive her Associate in Science degree.



Jennifer operates the Autoanalyzer, under the supervision of Mrs. Dorothy Pempey, in the Biochemistry Section of the Laboratory.



## CRA NOTES

By Joyce Sienia

Where were YOU on 17 October?

The Civilian Recreation Association is a non-profit organization formed by civilian employees for the purpose of promoting their welfare by advancing their interest in special cultural, educational, recreational, athletic, and related activities. The objectives of the Association are to foster the morale and welfare of all civilian employees, to facilitate cooperation among them, to promote the best interest of the Navy, and to help strengthen employee-management relations. Monies are set aside each month for every civilian employee in order to obtain the above objectives.

The CRA sponsored an All Hands Oktoberfest that served excellent food, refreshments, and entertainment. The ratio of civilian vs military attendance was embarrassing at best. The lack of interest and support from the civilians was evident which hurts no one but the civilians. The Association cannot continue to dedicate their time and energy without your support and input as to what kind of functions you are interested in.

I hope these words are strong enough to make all you "non-participants" turn into "participants." It is the responsibility of all civilians to make this organization work. After all, why should only a few civilians reap the rewards granted to all?



CRA BIRTHDAY GREETINGS TO: Floyd Keller on 2 Nov; Dianna Bates and James Kilgo on 3 Nov; Joyce Sienia on 11 Nov; Patricia Callan and James Wester on 14 Nov; Thomas VanElls on 17 Nov; Robert Hager on 18 Nov; Margaret Wilsten on 19 Nov; Arthur Baley on 25 Nov; John Julian on 26 Nov; Marie Kirkpatrick on 28 Nov; Barbara Fockler on 29 Nov; and Inez Perry on 30 Nov.





**NURSING****SERVICE**

By LT Greg Holeman, NC, USN

**Did you know?**

Recently, I have heard several discussions about the inflation rate, prime lending rates, and the import of an inflated economy on our daily lives. During these conversations, misunderstandings surfaced regarding the government's redistribution of tax dollars.

According to a recent study by the North American Newspaper Alliance, more than 56% of the U.S. citizenship receive, and are largely dependent upon, U.S. tax money. The money is distributed to the following categories of people:

Disabled and Direct support and dependents	10,500,000
Retirees and Pensioners and dependents	36,300,000
Public Assistance and Unemployed	26,073,000
Government Workers and dependents	47,051,000
Active Armed Forces and dependents	5,137,000
Total People	<u>124,261,000</u>

And these figures do not include employees of major government contractors (arms manufacturers, etc.) and suppliers, or those who use Government Services (VA, FHA, FAA, SBA, State and County agents, etc.) or the many workers today who look forward to Social Security income in the future. The point is that almost everyone shares some of the responsibility for the redistribution of our tax money. See if the following reminds you of anyone you know.

"A young man attended public school, rode the free school bus, and participated in the school lunch program. He entered the Army and then, upon discharge, retained his National Service Insurance. He then attended the State University on the G.I. Bill.

"Upon graduation, he married a Public Health Nurse and bought a farm with a FHA loan, and then obtained a RFC loan to go into business. A baby was born in the County Hospital.

"Later, he put part of his land in the soil bank and the payments helped pay for his farm and ranch. His father and mother lived on his ranch on their Social Security, REA lines supplied him with electricity, and the government helped clear his land. The County Agent showed him how to terrace it, then the government built him a fishpond and stocked it with fish.

"Books from the Public Library were delivered to his door. He banked his money and a government agency insured it. His children attended public schools, rode free school buses, played in public parks, and swam in the public pools.

"He was a leader in obtaining the new Federal Building and went to Washington with a group to ask the government to build a great dam. He petitioned the government to give the local air base to the county. Then one day, after hearing that President Carter's \$500 billion budget for 1979 added up to \$2,000 for every man, woman, and child, he wrote his Congressman.

"I wish to protest these excessive governmental expenditures and attendant high taxes. I believe in rugged individualism. I think people should stand on their own two feet without expecting handouts. I am opposed to all socialistic trends and I demand a return to the Principles of our Constitution and of States Rights."

(Author Unknown)

This is just food for thought. It would seem that we all get a lot more for our own tax dollars than perhaps we realize. Hopefully, the next time you see a way to save a little money for the hospital budget, or hear our administrators discuss fiscal responsibility, you'll be a little more appreciative of their concern for the way they spend our money and theirs.



# "Oktoberfest" 1980



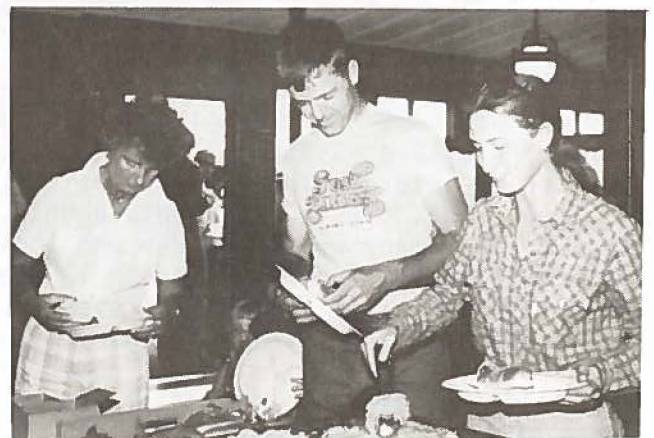
Foot stompin' music by "Sunshine Statesmen" and Mary (Navy Band- Orlando)



Scrumptious food . . . .



Lots of bier and . . . .





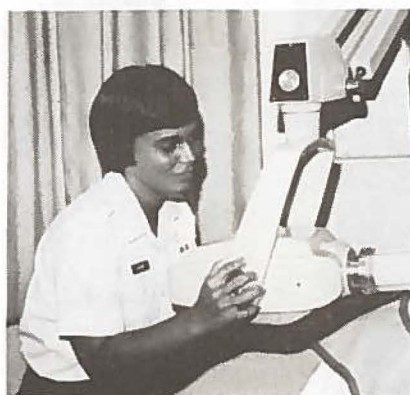


**Thanks - - CRA!**



**Taking care of the Staff****NRMC's Dental Service**

The NRMC Dental Service, under the direction of CDR William S. Bate, DC, serves the needs of the NRMC staff as well as surgical referrals from NRDC. LT Paul Helsby, DC, has been on the staff since July 1978. The leading petty officer is DT1 Don E. Hackett who has been on board since April 1979. DT2 Patricia Warden is in receipt of orders and will be leaving on 27 November to attend the School of Dental Assisting and Technology at San Diego. Her relief is DT2 Eric R. Vasquez, who reported on board 22 October from Roosevelt Roads, Puerto Rico. Another recent addition to the staff is DT3 Diane C. Hardin, who reported after a period of broken service. Rounding out the staff is DN Eric G. Walker who has been on board since September 1978. The Dental Service has earned a reputation for courteous, efficient service and the air of competency generated by each staff member creates a comfortable and secure atmosphere for each patient. Go see them -- they're great!

**CDR Bate and DT1 Hackett****LT Helsby****DT2 Warden****DT2 Vasquez****DT3 Hardin****DN Walker**



## **... From the other side!**

**CAPT B. C. Johnson, MC, USN**

### **Physical Exam Section**

When one first thinks of what a medical facility provides, treatment of the "lame and the halt" immediately comes to mind. There are numerous other missions of the NRMCA Annex which encompass services of a more mundane nature but nevertheless essential and required. One of these is the performance of routine physical examinations for a myriad of purposes. As opposed to physical examinations performed to determine the cause of a clinically present abnormality, those examinations done in the Physical Examination Section of the Annex are for the purpose of determining the physical qualifications of an otherwise healthy individual as dictated by standards set forth in the Manual of the Medical Department and other pertinent directives. Not infrequently, however, by review of a past medical history or physical/laboratory findings, sub-clinical diseases or conditions are uncovered which initiate specialist evaluations. Final disposition, as the result thereof, may lead to disqualification for the applied-for-training, the separation of the individual from service, or the initiation of a treatment regimen as applicable.

Included in the multiple purposes for physical examinations are those performed to determine qualification for: Service Academy/ROTC, Reenlistment, Separation, Submarine duty, Diving duty, EOD, Aviation designations both officer and enlisted (including FAA qualification as appropriate), Nuclear Field, OCS, USMC Officer PLC candidate.

The Physical Examination Section is manned, usually, by two physicians, five HM's and a civilian secretary. Many man-hours are involved in assuring that the "paper-work" is properly initiated (each type of examination calls for different in-put). Laboratory results are transcribed, audiometric and EKG "runs" are done and transcribed, "smoothing" and

typing of some results and, after duplication, the reports are forwarded to higher review authorities as necessary. There are, on the average, approximately 55 physical examinations processed daily. Those daily involved in maintaining this unrelentless input/output can justly take pride in their contribution to the mission of NRMCA Orlando and the Navy.



**CAPT B. C. Johnson, MC  
Chief of Service**



**Surrounding HMC F. R. Moore, are (left to right) Patricia Abraham, HN A. McCray, HM3 T. Milfeld, HN Y. Demery, and HA S. Beaulieu.**



**HN Demery weighs  
MMFN B. Smith**





## Chaplain's Comments

By CDR W. E. Tumblin, CHC, USN

### The bumper sticker era

Some call this the era of the bumper sticker. I confess to reading bumper stickers. Many that speak to the Iranian hostage situation seem to be popular in Orlando. I have also seen a lot lately that encourage me to vote for political candidates. That will soon subside for a couple of years. Paul Harvey usually reports a couple of good bumper stickers on his newscast. He reported someone having seen one recently that read "Husbands make the best lovers."

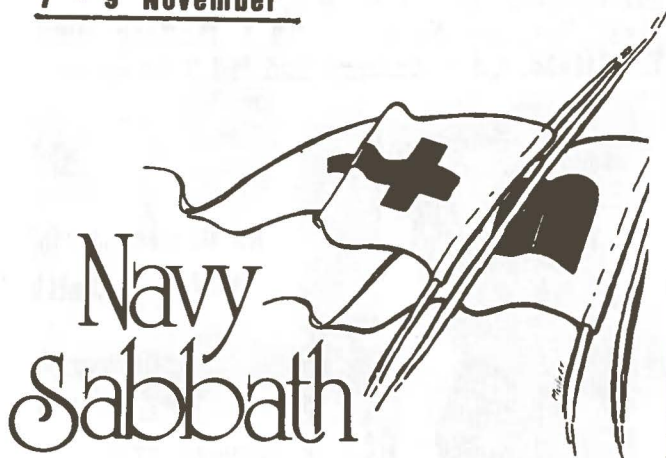
Hearing that drove me to a gold mine of bumper stickers people possess but may overlook - the Book of Proverbs.

One example: "Better to live on the roof than share the house with a nagging wife." (21:9 TEV)

For a comment that might apply to at least three encounters every week for me, "It is better to meet a mother bear robbed of her cubs than to meet some fool busy with a stupid project." (17:12 TEV)

And for the hostages perhaps we could adopt this one: "Finally hearing good news from a distant land is like a drink of cold water when you are dry and thirsty." (25:25 TEV)

7 - 9 November



### NRMC's new Family Ombudsman



**Susan Ferguson**

Mrs. Susan Ferguson, has volunteered to be NRMC's Family Ombudsman. Susan is married to HM1 Patrick Ferguson, who is assigned to RIF Optical.

As an official representative of Navy families, the Ombudsman plays an important role in establishing and maintaining good communication between the command, members of the staff, and their families. Any staff member or dependent, who feels unfairly treated by the local command or any other government agency, and who has not received satisfaction when pursuing the complaint thru normal channels, may bring the complaint to the Family Ombudsman.

Susan may be reached by calling: 646-4313 or 4314.

### Free Smoking Cessation Seminar

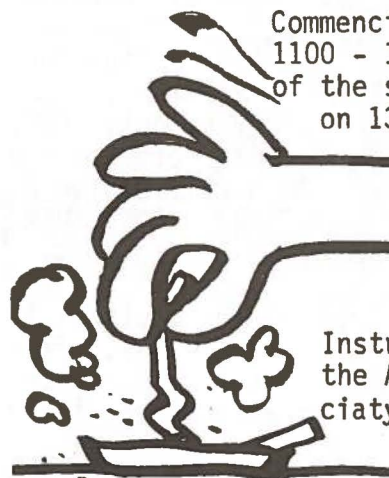
Commencing 10 November -- 1100 - 1300 with the rest of the sessions following on 13, 17, 20, 24, and 26 November.

The Seminar will be held on Ward 8 at NRMC.

Instructors trained by the American Cancer Society.

Sign up now! Only room for 15 enrollees.

Call Chief Granados, X4751. Don't wait!







## Master Shipwreck

HMCM(SS) R. C. Clements, USN

### Initiative

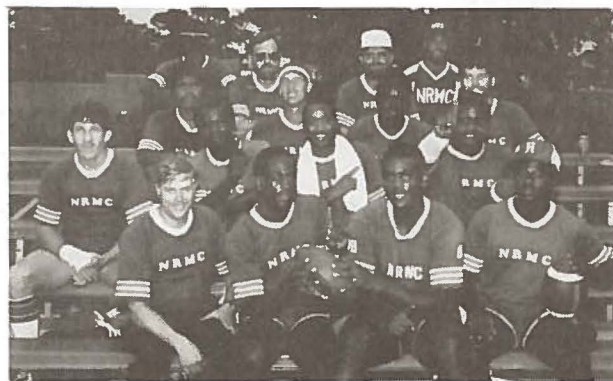
Initiative is defined as an introductory step; energy or aptitude displayed in initiation of action. How does initiative affect each of us in our day to day activities, accomplishment of goals, aspiring to better job satisfaction or preparing us to be a more productive member of society, the hospital corps, and the Navy? To answer this question, we must fully evaluate ourselves, our surroundings, our jobs, and our individual desire to improve. By taking the initiative in situations which require corrective action, we push ourself to the forefront as a leader. If we take the initiative to acquire additional knowledge and education, we improve our capabilities and understanding and usefulness to the society in which we live. Should we take the initiative to accomplish even the most menial task in our work center, then it becomes a better place to work and creates a more harmonious working relationship with our colleagues.

To take that introductory step and initiate action, we open new horizons, assume greater responsibility, satisfy individual goals, and it raises one to the top of his peer group. Not everyone has the desire or motivation to initiate self-improvement, assume leadership roles, or to rise above mediocrity. Some are satisfied to "ride the fence," "exist in a status quo," "skate," "maintain a low profile," and fail to participate. Some people set goals too low and do not extend themselves to their fullest capability. Others shift the burden of responsibility to the old, invisible "they" -- why don't they do something about this problem? Exert the authority of your position to initiate action to make improvements. Do not rely on "they." Some day, down the road, the non-participants will realize that a need exists for more money, better homes, bigger cars, and maybe even a desire for more prestige. By

then, it might be too late to take that step to initiate recovery of those things that have passed them by in the experience of life. Take that first step, establish goals and objectives to accomplish those goals by taking the initiative. Initiative is rewarded by better evaluations, more potential for advancement, and increased productivity in your job. Stand up and be counted - take the initiative!



### NRMC's Touch Football Team winds up Commander's Cup League with 10-2



Their outstanding record netted them 3rd place in the Commander's Cup League but they will always be first with NRMC! Left to right - Front row: HM2 M. Dally, HN E. Paige, HN B. Caldwell, and HM3 P. Black. Second Row: HN D. Ambrozak, HN K. Owens, HN N. Lane, and HN W. Singleton. Third Row: HA T. Flowers, LT D. Thomas, MC, HN A. Spann, and HN J. Gifford. Fourth Row: HN K. Cooks, LT R. Russ, NC, HM3 S. Stutzka, and HM2 J. Emmons. Not pictured were LT E. McCorvey, Jr., MSC, and HA T. Miller.

### The last tale of the Spike & Tale







## ASK THE SKIPPER



By CAPT J. A. Zimble, MC, USN

### What about tomorrow?

On the third of October, I was honored to be the Reviewing Officer for the recruit graduation review. My remarks were appropriate for the recruit audience that day, and I think they are still appropriate today for my Vital Signs' readers.

"Captain Mathis, Captain Kuhn, Distinguished Guests, Ladies and Gentlemen and most especially, distinguished former recruits of this 589th graduation review.

"Thank you for the privilege of allowing me to serve as your reviewing officer. The honors belong to each of you. Today, by passing in review, you demonstrate to your countrymen that you have met the first challenge of your Navy careers and you are ready to move on. By meeting the expectations of the Recruit Training Command, you have proven yourselves equal to the task. What about tomorrow?

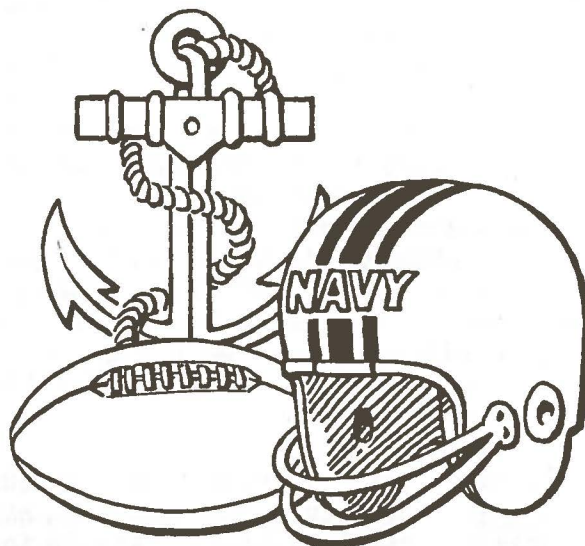
"The Chief of Naval Operations, Admiral Hayward, has emphasized again and again that the Navy's strength lies with her people. Naval hardware - the ships, the planes, the weapons - are useless without courageous, skilled and dedicated men and women. As a member of the Navy Medical Department, I know my job is to provide for your maintenance. Your job is to strive for a high level of readiness.

"Tomorrow, whether you move on to more formal instruction or to an on-the-job training experience with the fleet, you must continue to make yourselves ready by seeking out new responsibilities, by accepting new challenges, by growing in your jobs.

"Admiral Edward Welch, the President of the Naval War College, recently re-

marked about the awesome speed with which we could become involved in any future conflict. He said it would be a 'come-as-you-are war.' A constant high state of readiness must therefore exist in our Navy and you must be obligated to that goal. Over the last eight weeks, you began to grow. Continue your growth in skills and knowledge. Your seniors are dedicated to helping you grow just as you must begin to help your juniors to grow. That commitment by each of you will not only ensure your personal success, but that of the Navy.

"Be ready. Make your Navy ready. Then a 'come-as-you-are war' may never come. I wish you Bravo Zulu today. I wish you fair winds tomorrow."



### Whoooizzit?

It's HMCM(SS) R. C. Clements, Command Master Chief. Master Chief Clements reported aboard 30 June 1977 and served as the Administrative Assistant to the Director, Administrative Services until July 1979 when he assumed the billet of Command Master Chief. Master Chief Clements has served in the U. S. Navy for 26 years. HMCM(SS) Clements and his wife, Merle, reside at the NTC Annex with their children, Chris, Cheryl, and Jason.

